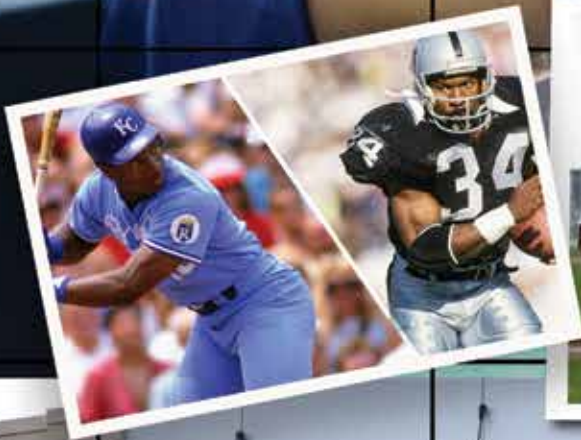


*Be Jackson's*  
**ELITESPORTS**  
TRAINING ATHLETES INSIDE-OUT  
LOCKPORT, ILLINOIS

# FALL GUIDE 2018

- BASEBALL
- FOOTBALL
- SOFTBALL
- SPORTS PERFORMANCE



**80 JACKSON'S  
ELITE SPORTS**

**[BJESLOCKPORT.COM](http://BJESLOCKPORT.COM)**

**(815) 221-6000 • 17130 S. PRIME BLVD, LOCKPORT, IL 60441**



**Get Back in the Game —  
Go Where the Pros Go.**

## Top-Ranked Sports Medicine Experts.

As team physicians for the Chicago Bulls, Chicago White Sox and Chicago Fire Soccer Club, we are experts in treating athletes.

The experienced physicians of Midwest Orthopaedics at Rush are here to provide expert orthopedic care to help athletes get back to playing their sport at the highest level.

**Ranked #5 in the Nation and #1 in Illinois by  
U.S. News & World Report.**

To schedule an appointment, call **877-MD-BONES**.  
To learn more, visit [RushOrtho.com](http://RushOrtho.com).



MIDWEST  
ORTHOPAEDICS  
*at* RUSH

IT'S HOW ORTHOPEDIC CARE SHOULD BE

**OUR PHILOSOPHY**

Bo Jackson's Elite Sports (BJES) is renowned as one of the leading indoor sports training centers in the country. As an air-supported structure we offer 88,000 square feet of unique training space for athletes, with clear spans and 72' high ceilings. BJES allows training opportunities for turf sport teams (baseball/softball, football, soccer, and lacrosse) as well as to individual athletes, of any sport, who desire to improve athleticism and personal leadership skills. BJES is home to Cangelosi Baseball, Bo Jackson's Football, Bo Jackson Softball, B.S.F. Performance. Our team has developed an extraordinary model for player development that is delivered to athletes by our professional staff of coaches. At BJES we are dedicated to "Training Athletes Inside Out" which speaks to our training philosophy to not only provide skill training, but also develop the whole athlete. From a training standpoint, we are rooted in the belief that developing athletes to be "Bigger, Stronger, Faster" gives them a competitive edge. We believe "there is an elite performer in all of us" and we are committed to helping each athlete realize his/her path to excellence.

**2 CANGELOSI BASEBALL**

**5 B.S.F. PERFORMANCE**

**6 PRIVATE LESSONS**

**7 RENTALS**

**8 MEMBERSHIPS**





### TRAINING FOR HIGH SCHOOL POSITION PLAYERS

The Fall is the time for players to improve their individual skills. The Cangelosi Fall Training Program includes training sessions twice a week for 8 weeks to help each player achieve the skill development and knowledge they need to prepare for the upcoming season. Playing games provides valuable reps for players, but training is what a player needs to realize true improvement. Our training sessions for positional players and pitchers will have a comprehensive approach to allow each player to work on their full development including athleticism through our Sports Performance.

**AGES:** 15 - 18  
**DATES:** 9/4 - 10/29  
**DAYS:** MON/WED OR TUES/THUR  
**TIMES:** 8:00P - 10:00P  
**LENGTH:** 8 WEEKS (16 SESSIONS)  
**PRICE:** \$795  
 NO REFUNDS AFTER AUGUST 15TH

### TRAINING FOR HIGH SCHOOL PITCHERS

PITCHERS PLATFORM DESIGNED FOR YOU TO MAXIMIZE YOUR POTENTIAL

Quite often pitchers are neglected in baseball training programs, but at Cangelosi Baseball we are committed to developing pitchers and giving them the tools they need to maximize their potential. Becoming a great pitcher doesn't happen over night. It requires a lot of physical and mental work and, we have created a platform for you to achieve greatness.

Cangelosi Baseball is highly regarded for our development of pitchers who are ready for the next level. There is a long list of pitchers from Cangelosi Baseball who have gone on to pitch at the collegiate level and professionally, including the Major League level.

#### FEATURES

Individually customized workout for each pitcher which includes:

- Daily arm care routine including wrist weights and plyo balls
- Midweek bullpens
- PFPs and pickoffs
- Recovery & body strengthening workouts
- Mental side of pitching

**AGES:** 15 - 18  
**DATES:** 9/4 - 10/25  
**DAYS:** TUES, WED & THUR  
**TIMES:** 8:00P - 9:30P  
**LENGTH:** 8 WEEKS (24 SESSIONS)  
**PRICE:** \$795  
 NO REFUNDS AFTER 8/15

### CANGELOSI SPARKS TOURNAMENT TEAMS

PREMIERE FALL SHOWCASE BASEBALL

On Monday, July 31st, we will hold a FREE tryout open to all 2019, 2020, 2021 and 2022 high school classes. Our Fall schedule combines the highest level of competition along with the best showcase tournaments in the country.

#### FEATURES

TEAMS WILL PLAY A SIX WEEKEND SCHEDULE WITH TOURNAMENTS INCLUDING BUT NOT LIMITED TO PERFECT GAME'S...

- WWBA Freshmen Championship West Palm Beach, FL
- Kernels Tournament Cedar Rapids, IA
- Underclass WWBA Fort Myers, FL
- WWBA Championship Jupiter, FL

Rosters will be comprised of the best players in the Chicagoland area & beyond.

### TRAINING FOR 10-14 YEAR OLD POSITION PLAYERS

To compete on their high school teams, players must have a solid foundation in all aspects of the game. John Cangelosi and staff will spend detailed time with each player to develop and improve the following skills:

- Sequence of the swing
- Throwing action/mechanics
- Pitching
- Infield work
- Outfield fundamentals

#### FEATURES

At the beginning of each workout players are separated into groups by age/ability level and go through three 40 minute rotations of: hitting in the cages, defensive work on the infield, and outfield/pitching work on the multi-purpose field.

**AGES:** 10 - 14  
**DATES:** 9/4 - 10/29  
**DAYS:** TUES & THURS  
**TIME:** 5:45P - 7:45P  
**LENGTH:** 8 WEEKS (16 SESSIONS)  
**PRICE:** \$695

### YOUNG GUNS

The "Young Guns" program is designed to introduce proper baseball development at an early age. Surrounding young players with our staff's experience and respect for the game will give them a huge edge in becoming tomorrow's elite player. The younger we get kids training with a purpose, the more successful players they will be down the road.

#### FEATURES

- Allows players to concentrate on their individual development at a young age
- Progressive hitting drills from week to week with John Cangelosi & staff
- Fundamental infield drills
- Throwing program that promotes accuracy & proper mechanics
- Proper outfield play and base running techniques
- Limited to 16 players per session

#### FORMAT

- 30 minutes in-cage hitting with John Cangelosi & staff
- 30 minutes infield work
- 30 minutes throwing mechanics
- 30 minutes outfield & base running instruction

**AGES:** 6-9  
**DATES:** 9/17-10/17  
**DAYS:** MON & WED  
**TIME:** 5:30P-7:30P  
**LENGTH:** 5 WEEKS (10 SESSIONS)  
**PRICE:** \$445

#### BASEBALL QUESTIONS

Email

**TYLER THOMPSON**  
 Contact

[TYLER@CANGELOSIBASEBALL.COM](mailto:TYLER@CANGELOSIBASEBALL.COM)

## PAST YEAR'S ATTENDEES

Army  
 Benedictine  
 Bradley  
 Butler  
 Central Michigan  
 Cincinnati  
 Dartmouth  
 Eastern Illinois  
 Eastern Michigan  
 Evansville  
 Holy Cross  
 Illinois State  
 Illinois-Springfield  
 Joliet Junior College  
 Kent State  
 Lewis  
 Louisville  
 Miami of Ohio  
 Michigan  
 Michigan State  
 Murray State  
 Navy  
 Nebraska  
 North Central  
 Northern Illinois  
 Northwestern  
 Notre Dame  
 Oakland  
 Purdue  
 Roosevelt  
 SIU Edwardsville  
 South Suburban  
 Southern Illinois  
 St. Xavier  
 Tennessee Martin  
 Toledo  
 Valparaiso  
 Western Illinois  
 Western Michigan  
 Wheaton  
 Wright State

**Video Option  
 Now Available  
 See Website  
 For Details**



# COLLEGE DEVELOPMENT CAMP

**This Camp Is For High School Baseball Players  
 Who Aspire To Play At The Next Level.  
 2019, 2020, 2021 & 2022 Graduates Welcome**

### FRIDAY CAMP

**OCT 26 & NOV 2**  
 Positional Players  
 6:00pm - 9:00pm  
 Pitching Segment  
 9:00pm - 10:00pm

### SATURDAY A.M. CAMP

**OCT 27 & NOV 3**  
 Positional Players  
 8:30am - 11:30am  
 Pitching Segment  
 11:30am - 12:30pm

### SATURDAY P.M. CAMP

**OCT 27 & NOV 3**  
 Positional Players  
 1:30pm - 4:30pm  
 Pitching Segment  
 4:30pm - 5:30pm

### SUNDAY CAMP

**OCT 28 & NOV 4**  
 Positional Players  
 8:30am - 11:30am  
 Pitching Segment  
 11:30am - 12:30pm

- 40 Division I coaches instruct at the camp
- Camp is scouted by many coaches from D-I, D-II, D-III, NAIA & Jr Colleges
- No other camp provides you with such direct access to college coaches
- Registration gives the player two sessions (one each weekend).....same format each weekend, but different college coaches
- Open to any and all entrants limited only by number, gender & age
- Choose 1 session that you will attend both weekends. Players can only attend the specific camp they register for

### PRICE

Positional Players - \$395

Pitcher Only - \$195

Combo Player - \$495

Positional player who also wants to pitch in front of the coaches

**No Refunds**



# CANGELOSI SPARKS

*ALL TRYOUTS HELD AT  
BO JACKSON'S ELITE SPORTS  
LOCKPORT, IL*

7U & 8U- JULY 9 & 10 5:00P-7:15P

9U- JULY 11 & 12 5:00P-7:15P

10U- JULY 11 & 12 7:30P-9:45P

11U- JULY 18 & 19 5:00P-7:15P

12U- JULY 16 & 17 5:00P-7:15P

13U- JULY 9 & 10 7:30P-9:45P

14U- JULY 16 & 17 7:30P-9:45P

15U- JULY 23 & 24 5:00P-7:30P

16U- JULY 23 & 24 7:30P-10:00P

17U- JULY 25 & 26 5:00P-7:30P

18U- JULY 25 & 26 7:30P-10:00P

8-14U MAKE-UP: JULY 18 7:30P-9:45P

**REGISTER  
NOW  
ONLINE!**







*Whether you're an athlete looking to dominate on the field or an adult looking to improve your body composition, we want to help you. Quality training should be a cornerstone in everyone's life, which is why B.S.F. Performance is focused on providing world-class training to athletes and adults of all ability levels with an emphasize on long-term development. Performance training should have a long-term approach that focuses on progressively challenging your ability level while simultaneously keeping you healthy. The body performs at its best when it is treated as a single unit, which is why all of our training is fully comprehensive, consisting of improvements in: strength, power, mobility, movement, and conditioning. If you're ready to finally start your training journey or just tired of spinning your wheels in your current training program, let us know, we want to help you get the results you deserve.*

**Questions Or To Schedule An Assessment Contact:**

**Brett Velon - Director Of Sports Performance**  
 Brett@bsfperformance.com

**SEMI PRIVATE TRAINING MEMBERSHIP**

Our semi-private training is individualized training in a small group environment. Clients have the option to pick and choose the day and time of their training sessions, allowing for a more flexible training schedule. Each semi-private client starts with a thorough private one-on-one assessment. This process involves us taking a close look at your injury history, training experience, sport of choice, and many more factors. Based on the assessment, an individualized and comprehensive program is designed.

- Designed for junior high, high school & adults
- Flexible training schedule
- Maximum 6:1 client to coach ratio

| MEMBERSHIPS    | PRICE       |
|----------------|-------------|
| Month To Month | \$250/Month |
| 6 Months       | \$200/Month |
| 12 Months      | \$165/Month |

\* All memberships automatically renewed & billed on a monthly basis

**YOUTH TRIPLE S PROGRAM**

Youth Development Membership allows access to all 8 week BSF programs throughout the year.

- Designed for grade school & junior high
- Two times per week B.S.F. Performance Training
- Maximum 12:1 client to coach ratio athletes

| MEMBERSHIPS | MEMBERSHIPS | MEMBERSHIPS |
|-------------|-------------|-------------|
| 12 Months   | \$80/Month  | \$90/Month  |

\* All memberships automatically renewed & billed on a monthly basis

\* 20% off for each additional family member

**TEAM TRAINING**

Let B.S.F. coaches design and coach your team's sports performance training. Team training is a great way to gain an advantage over the competition, while simultaneously providing a unique team bonding experience. Team programs are fully comprehensive and address all aspects of sports performance including: mobility, power & strength, speed & agility, and conditioning. Team training sessions are 60 minutes long and are available based on scheduling availability.

**PRICE**

- \$125/hr for groups up to 12 (Includes 1 B.S.F. Staff Member)
- \$150/hr for groups 13-19 (Includes 2 B.S.F. Staff Members)
- \$200/hr for groups 20+ (Includes 2 B.S.F. Staff Members)





## BASEBALL & SOFTBALL PRIVATE LESSONS

### PRACTICE TURNS THEORY INTO TECHNIQUE, TECHNIQUE INTO HABIT, & HABIT INTO REACTION.

We have designed a proven approach for player development. Our professional instruction and expert evaluation helps players advance effectively and develop the skills needed to succeed in the game. Whether the player is just starting to play baseball/softball or is pursuing a college scholarship our staff has the credentials, knowledge and passion to impact each player.



#### HOUSE INSTRUCTORS

Individual Lesson – \$55

| LESSONS | BREAKDOWN   | TOTAL |
|---------|-------------|-------|
| 5 pack  | \$52/lesson | \$260 |
| 10 pack | \$49/lesson | \$490 |
| 20 pack | \$46/lesson | \$920 |

10% off for members

#### HOUSE PLUS INSTRUCTORS

Individual Lesson – \$65

| LESSONS | BREAKDOWN   | TOTAL  |
|---------|-------------|--------|
| 5 pack  | \$63/lesson | \$315  |
| 10 pack | \$61/lesson | \$610  |
| 20 pack | \$58/lesson | \$1160 |

10% off for members

#### PROFESSIONAL INSTRUCTORS

Individual Lesson – \$75

| LESSONS | BREAKDOWN   | TOTAL  |
|---------|-------------|--------|
| 5 pack  | \$73/lesson | \$365  |
| 10 pack | \$71/lesson | \$710  |
| 20 pack | \$69/lesson | \$1380 |

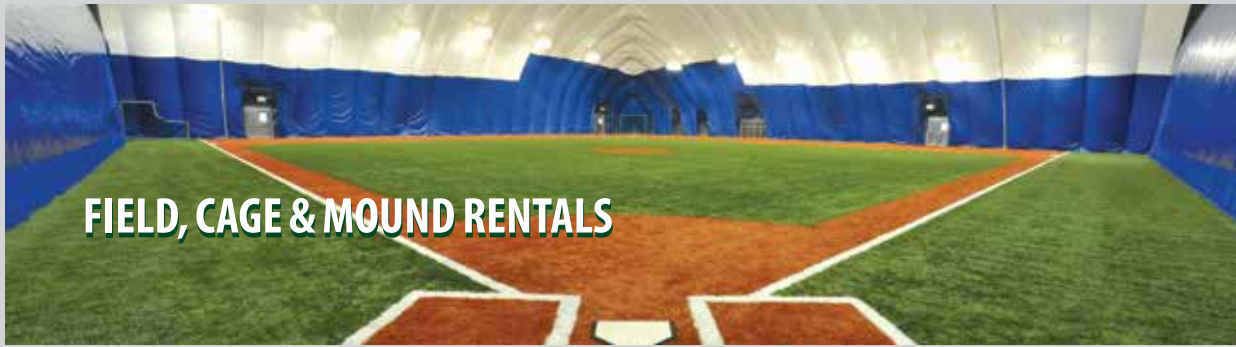
10% off for members

#### QUESTIONS

For more information or to schedule a lesson please contact our front desk staff at:

PHONE  
(815)221-6000





## FIELD, CAGE & MOUND RENTALS

### MAJOR LEAGUE INFIELD

Cangelosi Baseball's Major League infield provides a unique, unobstructed, playing surface for all ages. The field can be configured with base paths from 60 feet up to 90 feet. The full field measures 125' by 125'.

- \$235/hr

### MULTI-USE FIELD

Our multi-use field measures 190' x 100'. This allows multiple sports to take advantage of the large practice space. Great space for outfield training, infield work, football, soccer, lacrosse along with many more turf sports.

- \$235/hr

### CAGE/MOUND RENTALS

All of our batting cages have Iron Mike pitching machines, L-Screen and Tees. Walk-ins are welcome based on availability.

- Batting Cage – \$40/hr & \$30/half hr
- Pitching Mound – \$40/hr & \$30/half hr

### BSF TEAM TRAINING

Let B.S.F. coaches design and coach your team's sports performance training. Team training is a great way to gain an advantage over the competition, while simultaneously providing a unique team bonding experience. Team programs are fully comprehensive and address all aspects of sports performance. Team training sessions are 60 minutes long and are available based on scheduling availability. Team training is not just limited to baseball and softball but is also available for team sports such as lacrosse, volleyball, basketball, swim, cheer, etc.

- \$125/hr for groups up to 12 (Includes 1 B.S.F. Staff Member)
- \$150/hr for groups 13-19 (Includes 2 B.S.F. Staff Member)
- \$200/hr for groups 20+ (Includes 2 B.S.F. Staff Member)



## BOOK YOUR TEAM'S PRACTICES AT THE DOME

Looking for some practice field time this spring? We have weekday and weekend time slots available on our Major-League sized infields, Multipurpose and batting cages. The facility provides a unique training experience for teams of all levels. Reach out to us to plan your team's spring training experience!

Contact  
**RYAN MALONE**  
 Email

[RYAN@BOJACKSONSELITESPORTS.COM](mailto:RYAN@BOJACKSONSELITESPORTS.COM)

**BOOK YOUR WINTER PRACTICE TIME AT THE DOME BEGINNING IN JUNE!**

**BASEBALL & SOFTBALL  
CAGE MEMBERSHIP**

Unlimited batting cage use including Iron Mike machine  
 - 24 hour advanced booking suggested  
 - Walk-ins based on availability  
 - 1/2 hour sessions

**CAGE MEMBERSHIP MONTHLY FEE**

|                    |                     |                 |
|--------------------|---------------------|-----------------|
| Individual<br>\$75 | 2 Siblings<br>\$110 | Family<br>\$130 |
|--------------------|---------------------|-----------------|

**BASEBALL & SOFTBALL  
ELITE MEMBERSHIP**

**BATTING CAGES**

Unlimited batting cage use including Iron Mike machine  
 - 24 hour advanced booking suggested  
 - Walk-ins based on availability  
 - 1/2 hour sessions

**PROFESSIONAL INFIELD USE NOV - MAY:**

- Members may use the infield  
 Mon - Fri from 4p - 6p  
 - An instructor will be provided from 5p - 6p

**PROFESSIONAL INFIELD USE JUN - OCT:**

- Members are able to access fields whenever they are not in use

**ADDITIONAL BENEFITS**

- 10% off of all B.S.F. memberships
- 10% discount on camps & clinics
- 10% off private lessons
- Membership Dri-Fit Tshirt

**ELITE MEMBERSHIP MONTHLY FEE**

|                     |                     |                 |
|---------------------|---------------------|-----------------|
| Individual<br>\$110 | 2 Siblings<br>\$175 | Family<br>\$200 |
|---------------------|---------------------|-----------------|

**ALL MEMBERSHIPS ARE 12 MONTHS**

*1 year contracts billed monthly. All memberships are automatically renewed on an annual basis unless canceled by member.*

**OUR MISSION IS TO INSTILL A LOVE AND RESPECT FOR THE GAME BY PROVIDING THE HIGHEST QUALITY FACILITIES AND PROFESSIONAL INSTRUCTION.**

**BASEBALL & SOFTBALL  
ELITE PLUS MEMBERSHIP**

**ALL OF THE SAME BENEFITS OF THE ELITE MEMBERSHIP PLUS 24 WEEKS OF PLAYER DEVELOPMENT PROGRAMS. CHOOSE 3 OF OUR 4 YEAR ROUND PROGRAMS:**

**FALL BALL**

Sept - Oct - 8 week program  
 \*Elite Plus Members receive a \$300 towards the fall program of their choice.

**WINTER HITTING LEAGUE**

Nov - Dec - 8 week program

**CACTUS LEAGUE**

Jan - Feb - 8 week program

**SPRING TRAINING**

Mar - Apr - 8 week program

**ELITE PLUS MEMBERSHIP MONTHLY FEE**

|                     |                     |                 |
|---------------------|---------------------|-----------------|
| Individual<br>\$165 | 2 Siblings<br>\$275 | Family<br>\$375 |
|---------------------|---------------------|-----------------|

**BSF SPORTS PERFORMANCE  
SEMI PRIVATE MEMBERSHIP**

For athletes and individuals high school and older, training takes place in a semi-private format. Our semi-private training is individualized training in a small group environment. Clients have the option to pick and choose the day and time of their training sessions, allowing for a more flexible training schedule. Each semi-private client starts with a thorough private one-on-one assessment. This process involves us taking a close look at your injury history, training experience, sport of choice, and many more factors. Based on the assessment, an individualized and comprehensive program is designed.

**MONTH TO MONTH**

\$250/Monthly- Non-Member  
 \$225/Monthly- Dome Member

**6 MONTH MEMBERSHIP**

\$200/Monthly- Non-Member  
 \$180/Monthly- Dome Member

**12 MONTH MEMBERSHIP**

\$165/Monthly- Non-Member  
 \$150/Monthly- Dome Member



**BSF PERFORMANCE  
MEMBERSHIP INQUIRIES**

Brett Velon, CSCS, Pn I  
 Director of Sports Performance  
 BRETT@BSFPERFORMANCE.COM

**BASEBALL & SOFTBALL  
MEMBERSHIP INQUIRIES**

A.J. Skrabis  
 Membership Director  
 AJ@CANGELOSIBASEBALL.COM

# UNLEASH YOUR INNER DEMON.

AT YOUR DODGE PERFORMANCE HEADQUARTERS



SRT



392  
HEMI

Denny  
Guest's  
**South Oak**.com

DODGE

CHRYSLER

Jeep



RAM



4550 W. LINCOLN HWY, MATTESON, IL • (888) 393-7982 • SOUTHOK.COM



*Bo Jackson's*  
**ELITE SPORTS**  
TRAINING ATHLETES INSIDE-OUT

---

OFFICIAL PARTNERS

